

# WEEKLY WELLNESS TIP— 29 July, 2009



"People who ask our advice almost never take it. Yet we should never refuse to give it, upon request, for it often helps us to see our own way more clearly."

--Brendan Francis

## Probiotics

Probiotics are friendly bacteria that help keep you healthy by maintaining the balance of good and bad bacteria needed for a healthy digestive system.

If the bacteria in your stomach get out of balance the bad bacteria can multiply and cause digestive problems. Probiotics bacteria are useful in relieving symptoms of inflammatory bowel disease, irritable bowel syndrome, colitis and alcoholic liver disease.

Some research also shows that probiotics can help boost the immune system. The best way to get probiotics is in the food you eat or drink, as foods are uniquely packaged with all the nutrients that enhance absorption and use of probiotics.

Add probiotics to your diet with the following foods:

- ◆ Certain yogurts and other cultured dairy products
- ◆ Whole grains
- ◆ Bananas
- ◆ Garlic
- ◆ Honey
- ◆ Leeks
- ◆ Artichokes
- ◆ Fortified foods and supplements



## Nutrition Tip: Quick Summer Salad

**Cucumber, Mango and Red Onion Salad**  
(from [www.foodfit.com](http://www.foodfit.com))

Makes 4 servings, ½ cup each

### Nutrition Facts

Calories 57  
Protein 1 g  
Total Carbohydrate 14 g  
Dietary Fiber 2 g  
Soluble Fiber 1 g  
Insoluble Fiber 1 g  
Sugar 10 g  
Total Fat 0 g



### Ingredients

- ◆ 2 tablespoons lime juice
- ◆ 1 mango, pitted and cut into large dice
- ◆ 1 red onion, sliced into thin rounds
- ◆ salt to taste
- ◆ 3 tablespoons cilantro
- ◆ 1 medium cucumber, peeled and thinly sliced

1. Place the cucumber, mango and red onion in a medium bowl.
2. Season to taste with the lime juice and salt.
3. Garnish generously with cilantro leaves.

## Wellness Challenge



Utilize this to add some competition to PT. Teams are made up of **four members** from your squadron and may consist of Active Duty, Civilian or Contract workers.

• **No registration required** • **Number of teams is unlimited** •

**Submit scores to the HAWC by 0800 , 01 August, 2009**

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(Adapted from [www.crossfit.com](http://www.crossfit.com))

**Each person completes FOUR sets for time of the following:**

- ◆ **Run 400 meters (1 lap outdoor track)**
- ◆ **20 jumping jacks**